

# the Kingsport Senior Center News



## Senior Music & Dance Showcase

Are you interested in taking a dance class at the Senior Center? Maybe you have always wanted to learn how to play the dulcimer or piano. On Tuesday, April 12, 2016 the Senior Center will host the **Senior Musical Showcase** at 5:30P.M. in the Theater. This showcase will display our talented dance and music classes that we offer at the Center. You will get the opportunity to see what our classes work on during the year. The classes will include; beginning and intermediate line dance, beginning and intermediate clogging, beginning and intermediate belly dance, swing dance, piano, banjo, and dulcimer. You will also have the opportunity after the show to talk with the instructors. If you are interested in taking a dance class or want to learn how to play a new instrument then you will not want to miss this free showcase.

Tuesday,  
April 12,  
2016

5:30P.M. to  
7:30P.M.

Free



Save the Date: Mark Your Calendars

National Tell A Story  
Day: Wednesday, April  
17, 2016 \*See page 5 for  
more detail.



Mother's Day Brunch:  
Wednesday, May 4, 2016  
\*See back page for more  
information

**Kingsport Senior Center Staff**

- **Director-** Shirley Buchanan  
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## Center News

**The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments and questions from members.**

## Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

## Membership Dues

For Fiscal year: July 1, 2015-June 30, 2016

\$15- Kingsport Residents

\$35- Sullivan County Residents

\$60- Out-of-County Residents

## Location and Hours of Operation

**Main Site: Renaissance Building: (423) 392-8400**

1200 E. Center Street

Kingsport, TN 37660

**Hours of Operation:** Monday-Friday 8:00am-7:00pm;

Saturday 9:00am-Noon

[www.kptseniors.net](http://www.kptseniors.net)

**Lynn View Branch Site: (423) 765-9047**

257 Walker Street

Kingsport, TN 37665

**Hours of Operation:**

Monday-Friday 9:00am-2:00pm

**\*The exercise room and computer lab will close 15 minutes prior to the closing of the Center.**



# WELLNESS

## Wellness Seminars

**Medicare and Turning 65:** Andrew Price with Mackie Financial Group will be at the Center on **Tuesday, April 5, 2016** at 12:30P.M. in the Card Room. Topic of discussion will be "Medicare and Turning 65 Educational Event": This seminar will discuss the ins and outs of Medicare and if you are turning 65 in the next 6 months, it can get really confusing. Come find out how Medicare works, ask questions, and talk to an actual person instead of sifting through the mountain of mail you have started receiving. This seminar is an educational event and no sales material will be available. You do not want to miss this event!

**Depression:** Dr. Amy Huber with ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, April 19, 2016** at 10:30A.M. in the Card Room. Topic of discussion will be "Depression": This seminar will discuss Depression; who is affected, how to identify it, how its treated. So mark your calendars and plan to attend!

**Bridging the Gap Program/Alzheimer's Association Services:** Jill Wishart, LCSW, DCSW with Bristol Regional Counseling Center and Tabitha Ebbert, B.S., C.D.P Manager of Program Education, Alzheimer's Association will be at the Center on **Tuesday, April 26, 2016** at 10:30A.M. in the Card Room. Topic of discussion will be "Bridging the Gap Program & Alzheimer's Association Services": This seminar will discuss Bridging the Gap through State of TN and Frontier Health a program for adults 50+, home and community based behavioral health services (Medication, Therapy, and Case Management). Serving Sullivan County residents that are uninsured, underinsured or have only Medicare. Administered through Bristol Regional Counseling in Bristol, and Holston Counseling in Kingsport. Also Tabitha Ebbert will present an overview of the multiple services Alzheimer's Association provides and the research projects going on and how people can become a part of them. All participants will be asked to complete a post-presentation questioner to assess knowledge gained for this presentation.

## Fit Test

We will be doing a fitness test on **Wednesday, April 20, 2016** from 9:30A.M. to 11:30A.M. in Kevin's Office. We will test Body Fat %, Flexibility, Strength, Blood Sugar Checks, and Weight using the 350 Body Composition Analyzer. Also your blood pressure will be taken. If you plan to participate in this event stop by the Office to fill out some paper work and sign up for the test. All members are invited and we hope to see you there.

## Tournaments

### Sullivan County S.A.L.T Council

Theresa Bright Redmond, CSA Community Liaison with BrightStar Care and Sullivan County law enforcement is start a S.A.L.T. Council, Seniors and Law Enforcement Together. The meeting will be on **Thursday, April 21, 2016** at 2:00P.M. in the Card Room and held every 3<sup>rd</sup> Thursday of the month. Topic of discussion will be what the seniors would like to cover with law enforcement. No sign up required. For more information contact Theresa Bright Redmond at 423-989-7827.

### Chimney Rock

Come join us on **Friday, April 22, 2016** as we travel to Chimney Rock, N.C. We will depart the Center at 8:30A.M. Lunch is on your own at Old Rock Café at Chimney Rock Park. Cost of transportation is \$8.00 payable when you sign up and \$10.00 park fee payable the day of trip. Please bring the correct amount **(Cash Only)**. Note: This trip requires a lot of walking, be sure to wear comfortable shoes and dress appropriately to the weather. Sign up starts on Wednesday, March 16, 2016.

### Briarwood Ranch Safari Park

Come join us for a day of a tractor pulled wagon ride at Briarwood Ranch Safari Park. We will depart the center at 9:15A.M. on **Wednesday, April 27, 2016**. Cost is \$8.00 for transportation payable at sign up. Park fee is \$14.00 due day of trip **(Cash Only)**. Briarwood Safari features animals from all around the world. On your scenic, four-mile safari through beautiful hills and pasturelands, you will experience animals from six continents. The park Ranger will stop the tractor from time to time and share great animal stories, and for \$3.00 you get a 5lb bucket of pellet food to feed the animals within the safari area. The Park also offers a petting zoo and a gift shop to buy souvenirs. Be sure to bring your camera and dress appropriately to the weather. Lunch is on your own at Dairy Queen or Taco Bell and after lunch we will stop at Yoder's County Market. Notice: All persons entering Briarwood Ranch do so at their own risk. Briarwood Ranch will not be responsible for injuries to any individual. Sign up starts on Thursday, March 17, 2016.

### Common Sense Defense

Rene' Keplinger, owner of All American Hand Gun School will be at the Center on **Tuesday, May 3, 2016** at 12:30P.M. in the Card Room. Topic of discussion will be "Common Sense Defense": Common Sense Defense was created to train average citizens ways to protect themselves every day in ordinary places. Using common sense, learning what to look for and what you can do to protect yourself is something you want to learn to prevent being a victim. Rene' who is prior military and has been teaching handgun classes for 8 years, will also demonstrate a couple of defense items that can easily be carried and used, i.e. pepper spray and defense key chains. No sign up required.

# Daily Activities and Classes at the Center

## Monday:

- Silver Sneakers Classic: 8:15am – Gym
- Basic Tai-Chi: 8:30am- Room 310
- Open Woodshop: 8:30am-3:00pm- Woodshop
- Massage Therapy: 9:00am- 3:00pm- Multipurpose Room (appointment only)
- Quilting: 9:00am- Room 303
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobic: 9:15am – Gym
- Camera Club – [www.scphotogroup.com](http://www.scphotogroup.com)
- Happy Day Singers: 9:45am
- Clay, Beginning: 10:00am- Clay room
- Strength Training: 10:15am- Gym
- Beginning Line Dancing- 11:30am- Gym
- Intermediate Line Dancing- 12:45pm- Gym
- Knitting: 1:00pm- Room 303
- Mahjong: 2:00pm- Card Room
- Table Tennis: 2:00pm- Gym
- Volleyball: 4:00pm- Gym

## Tuesday:

- Massage Therapy: 9:00am-3:00pm- Multipurpose Room (Appointment Only)
- Lap Swimming- 8:00am- Aquatics Center
- Zumba Fitness: 8:15am- Gym
- Open Woodshop- 8:30am- Woodshop
- Mini Cardio: 8:45am- Room 302
- Ceramics: 9:00am- Ceramics room
- Strength Training: 9:30am- Gym
- Basket Weaving: 9:00am- Room 303
- Renaissance Strings: 10:00am- Atrium
- Sing Along: 10:15am- Cafeteria
- Exercise for Everybody- 10:30am- gym
- Beginner Dulcimer: 11:00am- Atrium
- Shuffleboard: 1:00pm- Ceramics Hallway
- Pickelball: 1:00pm- Gym
- Basketball: 4:00pm- Gym

## Wednesday

- SilverSneakers Classic: 8:15am- Gym
- Open Woodshop: 8:30am- Woodshop
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobics: 9:15am- Gym
- Clay, Intermediate: 10:00am- Clay Room
- Strength Training: 10:15am- Gym
- Intermediate Clogging: 11:15am- Room 302
- Hand & Foot Card Game: 12:30pm- Card Room
- Belly Dancing: 1:00pm- Room 302
- Table Tennis: 1:00pm- Gym
- Basketball: 4:00pm-Gym

## Thursday:

- Zumba Fitness: 8:15am- Gym
- Mini Cardio: 8:45am- Room 302
- Lap Swimming: 8:00am- Aquatics Center
- Bingo: 9:00am-Cafeteria
- Ceramics: 9:00am- Ceramics Room
- Woodcarving: 9:00am- Room 303
- Strength Training: 9:30am- Gym
- Beginning Clogging: 10:00am- Room 302
- Exercise for Everyone: 10:30am- Gym
- Intermediate Dulcimer: 11:00am- Atrium
- Volleyball Lessons- 11:30am- Gym
- Core and Posture Beginning Belly Dance: 11:30am-Room 302
- Jam Session: 12:30pm- Cafeteria
- Volleyball: 1:00pm- Gym
- Shuffleboard: 1:00pm- Ceramics Hallway
- Piano Lessons: 2:00pm- Multipurpose Room
- Cornhole: 4:00pm- Gym

## Friday:

- SilverSneakers Classic: 8:15am- Gym
- Lap Swimming: 8:00am- Aquatics Center
- Tai- Chi: 8:30am- Room 310
- Genealogy Club: 9:00am- Computer Lab
- High Impact Aerobics: 9:15am- Gym
- Strength Training: 10:15am- Gym
- Pickleball: 1:00pm- Gym
- Bridge Group: 1:00pm- Atrium
- Basketball- 4:00pm-Gym

## Saturday:

- Basketball: 9:00am- Gym
- Table Tennis: 10:30am- Gym
- Exercise Room: 9:00am-12Noon
- Computer Lab: 9:00am- 12Noon



## Travel and Special Events

**Between The Covers Book Club** will meet every first Tuesday of the month at 10:00A.M. in the Card Room. The book we will be reading for April is called "Truth or Die" by James Patterson.

Come and learn why the latest adult coloring book craze can be good for you. Kim Howell with Visiting Angels will have a seminar on Monday, April 4, 2016 at 11:00A.M. in the Card Room on the **"Benefits of Adult Coloring."** Light refreshments will be served. You may sign up in the front office now for this free seminar.

Ron Bedford and Lee McVey will be at the Center on Monday, April 11, 2016 at 10:00A.M. in the Card Room to conduct a seminar on **strategies that could save you and your loved ones \$1000's of dollars.** Find out: How to avoid the time and expense of a conservatorship, ensuring peace of mind for your loved ones, how to use the system to your advantage, the 5 year look back, and nursing confiscations of your money. Snacks and door prizes will be provided.

**Flower Arranging Class:** Thursday, April 14, 2016- Card Room- 10:30A.M.-11:30A.M.- Cost: \$10.00 paid to instructor Susan Valentine- Bring scissors and green container if you have it. Sign up now.

**Trivia Crack-** Thursday, April 14, 2016- 11:00A.M.- Card Room- Free. Trivia Crack is an iPhone app that we are bringing to life. You and a partner will compete against other teams. Categories include: History, Sports, Entertainment, Geography, Art, and Science. Sign up begins March 15.

**Bob Ross Style Painting-** Wednesday, April 20, 2016- Room 303- 10:00A.M.-2:00P.M.- Cost is \$50.00 paid to instructor Jay Hollway- See example in the display case billiards side- Bring your lunch- Supplies provided. You may sign up now in the front office.

**Beginning Drawing-** Friday, April 29, 2016- Room 303- 1:00P.M.-4:00P.M.- Cost is \$20.00 paid to instructor Anne Thwaites- Learn the basics of how to draw- Supply list available at sign up. Sign up now.

In celebration of Memorial Day, please join us for our **Patriotic Cookout** at Warrior's Path State Park Cabin #5 on Tuesday, May 24, 2016 at 11:30A.M. We will serve grilled hamburgers with all the trimmings. Please bring a side dish to share. Entertainment is The Sundown Band. You may sign up on April 18, 2016. **Please sign up by May 17, 2016.**

The Senior Center will have a **Trunk Sale** on Friday, April 15, 2016 from 8:00A.M. to 12:00P.M. in the front parking lot. A Trunk Sale is where you park your car in the parking lot and sell items out of the trunk of your car. You may bring a table to sit out in front of your car. You can only sell out of your parking space and will not be able to take up multiple spots. If you would like to sell your items please stop by the front office to reserve your spot in the parking lot. This is a great time to spring clean and clear out your closets. You may reserve your free spot in the front office now.

**Cooking with Tracy Demonstration-** Monday, May 9, 2016 at 11:00A.M. in the lounge- Cost is \$5.00 paid at sign up. Sign up begins April 6. Maximum of 16 people. **Note:** Due to the popularity of this class; If you sign up and are not at the class by 11:15A.M, we will replace you with someone from the waiting list.

We will have **Movie Day** on Wednesday, April 20, 2016 at 1:00P.M. in the Theater. We will watch "Joyful Noise" starring Dolly Parton and Queen Latifah. This is a comedy/musical that you will not want to miss. Hard times have fallen on Pacashau, Ga., but the townspeople have faith that the Divinity Church Choir will lift their spirits by winning a national competition. The choir has always made beautiful music, but now, its two leading ladies have hit a sour note. Vi Rose (Queen Latifah) believes that a traditional style is the key to victory, but G.G. (Dolly Parton) thinks tried-and-true means tired-and-old. The two singers must find a harmonious chord or risk losing everything. We will serve popcorn and drinks. You may sign up now in the front office for this free event.

**AARP Safe Driving-** Wednesday, April 20 and Thursday, April 21, 2016. 9:00A.M. to 1:00P.M. in room 230. Cost is \$20.00 for AARP members and \$25.00 for non-members.

**Italian Style Cooking-** Monday, April 25, 2016 at 11:30A.M. in the lounge. Cost is \$3.00 paid to instructor Donna Chmielnik day of class. You may sign up now. Maximum of 16 people. **Note:** Due to the popularity of this class; If you sign up and are not at the class by 11:45A.M, we will replace you with someone from the waiting list.

Come and celebrate **"National Tell A Story Day"** with us. Jonesborough Story Telling Guild will be here to share stories with you on Wednesday, April 27, 2016 at 1:00P.M. in the Theater. We will have light refreshments. This is a free event you will not want to miss. Sign up in the front office now.

## Travel and Special Events

### Popovich Comedy Pet Theater at Niswonger Performing Arts with Dinner at Brumley's

**Thursday, April 14, 2016**

**Greeneville, TN**

**3:45P.M.-10:00P.M.**

**Cost: \$45.00 for transportation and ticket. Dinner on your own.**

Gregory Popovich brings his Vegas show to the NPAC stage! The World Famous Popovich Comedy Pet Theater is a family oriented blend of comedy and unique talent. Comedy Pet Theater features an amazing cast of house cats, dogs, parrots, even geese and mice! Critics describe it as a unique blend of comedy, world-champion juggling, and the extraordinary talents of more than 30 performing pets. Gregory has rescued the animals from shelters all over the country and transformed them into Las Vegas stars, using positive reinforcement and working with the animal's natural abilities to create a fun, one-of-kind show. Audiences will be delighted to see the extravaganza of European-style clowning, balancing acts, and of course, very talented performing pets. You may sign up for this trip now.

### Barter Theater Presents: "Classic Nashville Roadshow" with Lunch at Outback

**Thursday, April 28, 2016**

**Abingdon, VA**

**10:30A.M.-6:00P.M.**

**Cost: \$30.00 with lunch on your own**

Featuring two of Barter's favorite singer/actors, Jason Petty and Katie Deal, this tribute to the true legends of country music begins in the heyday of The Grand Ole Opry and tells the stories of: Hank Williams, Patsy Cline, George Jones, Loretta Lynn, Conway Twitty, Tammy Wynette, Merle Haggard, Dolly Parton and more. Jason & Katie deliver inspiring renditions of their heroes and give insights into how their songs were written and performed. And, what would it be without a comedy tribute to everyone's favorites, Minnie Pearl and Rod Brasfield. Featuring your favorite classic country songs: *On the Road Again; Louisiana Woman, Mississippi Man; Crazy; Hey, Good Lookin'; Stand By Your Man; Coal Miner's*

### OTLB: Northshore Brasserie with Shopping at Turkey Creek

NORTHSHORE  
BRASSERIE



**Friday, May 13, 2016**

**Knoxville, TN**

**8:30A.M.-5:00P.M.**

**Cost: \$21.00 for lunch and transportation**

Lunch buffet includes choice of soft drink, iced tea, or coffee; includes soup of the day, grilled chicken, quiche of the day, crostini of the day (open faced sandwich), salad station, fresh fruit, and homemade chocolate chip cookies.

### OTLB: Fern Valley Farm Lunch at the Gathering Place & Farm & Garden Tour



**Friday, June 10, 2016**

**Bristol, VA**

**10:00A.M.-3:00P.M.**

**Cost: \$22.00 for lunch and transportation**

The menu for the luncheon comes from all local foods from the farm and BRISTOL area farmers. It includes wonderful fresh from the garden salad, their very own Fern Valley Farm dressing, entrée, 2 sides, a fabulous dessert, and coffee and tea served in the beautiful barn house Gathering Place. This includes a quick tour of the farm, the story of how they got to this are and started their children's farm, and a tour of their lovely gardens.

# Your Page

## 2016 Happy Day Singers Schedule

January 4- Crown Cypress  
 January 11- Elmcroft  
 January 18- Closed  
 January 25- Preston Place II  
 February 1- Holston Manor  
 February 8- Brookhaven  
 February 15- Church Hill  
 February 22- Greystone @ Airport  
 February 29- Baysmont  
 March 7- Crown Cypress  
 March 14- Elmcroft  
 March 21- Brookdale @ Rocksprings  
 March 28- Preston Place I  
 April 4- Holston Manor  
 April 11- Brookhaven  
 April 18- Church Hill  
 April 25- Greystone @ Airport  
 May 2- Crown Cypress  
 May 9- Elmcroft  
 May 16- Brookdale @ Rocksprings  
 May 23- Preston Place II  
 May 30- Closed  
 June 6- Holston Manor  
 June 13- Brookhaven  
 June 20- Church Hill  
 June 27- Greystone @ Airport  
 July 4- Closed  
 July 11- Elmcroft  
 July 18- Brookdale @ Rocksprings  
 July 25- Preston Place I  
 August 1- Holston Manor  
 August 8- Brookhaven  
 August 15- Church Hill  
 August 22- Greystone @ Airport  
 August 29- Baysmont  
 September 5- Closed  
 September 12- Elmcroft  
 September 19- Brookdale @ Rocksprings  
 September 26- Preston Place II  
 October 3- Holston Manor  
 October 10- Brookhaven  
 October 17- Church Hill  
 October 24- Greystone @ Airport  
 October 31- Baysmont  
 November 7- Crown Cypress  
 November 14- Elmcroft  
 November 21- Brookdale @ Rocksprings  
 November 28- Preston Place I  
 December 5- Holston Manor  
 December 12- Brookhaven  
 December 19- Church Hill  
 December 26- Closed

## Massage Therapy

Mondays and Tuesdays

9:00am-3:00pm

Call Barbara Keesecker at 423-735-7475  
to set up your 30-minute appointment

Cost: \$20.00

## Kingsport Senior Center Advisory Council Members

Bruce Shine (Chairman)

Brenda Cunningham

Norma Livesay

Lester Pridemore

Carol Woodard

Pat Breeding

Jean Chang

Carmen Moix

Frances Cottrell

Mary Porter

Sherri Mosley



**Biscuits and Bingo at Lynn View Cafeteria**  
**will be held on Thursday, April 14, 2016**  
**from 10:30am-11:30am. This is a free event**  
**you will not want to miss. Sign up by**  
**calling Lynn View Branch Site (Monday-**  
**Friday 9:00am-2:00pm) at 765-9047. Please**  
**sign up by April 11. Sponsored by: Slater**



## News to Use

### **Schedule changes due to weather:**

If the Kingsport City Schools are closed all of our regular scheduled classes for the day will be cancelled. However, we will still be open. You will still have access to the billiards room, computer lab, exercise room, ceramic room, gym and lounge.

### **Kingsport Senior Center Space Study**

The Kingsport Senior Center has received quotes and is working to finalize plans for a space study to begin in the New Year. This study will take an in depth look at the Centers programs, attendance, facility, and the needs required to meet present and future growth of membership. Like the accreditation process, we will be asking for our members input. Please be thinking about current usage of the space we have in our facility and what we will need for the future. Several open meetings will be planned to relay these ideas in the upcoming months.



Do you have a Facebook account? If so, please like the Kingsport Senior Center Facebook page. Facebook is a great way to check out what is and will be going on at the Kingsport Senior Center.



## **Recipe of the Month**

### **Banana Pudding Poke Cake**

#### **Ingredients:**

1 box Yellow Cake Mix  
2 boxes (4-serving size each) banana instant pudding  
3 cups cold milk  
1 container (8oz) frozen whipped topping, thawed.  
Sliced bananas  
Vanilla Wafer Cookies

#### **Directions:**

1. Heat oven to 350 degrees. Spray 13x9 inch pan with cooking spray.
2. Make and bake cake as directed on box for 13x9-inch; cool in pan on rack for 5 minutes.
3. With handle of wooden spoon (1/4 to 1/2 inch in diameter), poke holes almost to bottom of cake every 1/2 inch, wiping spoon handle occasionally to reduce sticking.
4. In medium bowl, stir together Filling ingredients. Pour over cake immediately; spread evenly over surface, working back and forth to fill hole. (Some filling should remain on top of cake.) Refrigerate 1 hour.
5. Spread whipped topping evenly over cake. Just before serving, top with bananas and cookies. Cut into 5 rows by 3 rows.



## **Computer Classes**

**Computer Instruction:** \$15.00 an hour paid to instructor Charles Harrell or Whitney Sensabaugh. Call the front office to make your appointment.

**There's An App for that class** will be held on Tuesday, April 19 from 1:00 – 3:00pm in the Computer Lab at the Senior Center. This is a one-day workshop on Apps, which apps are free and which ones cost, how to download an app and how to use it. Please bring your computer/phone to class. Call 392-8400 to sign up by April 19.

**iPad Classes** will be offered at the Senior Center on Monday's and Friday's in the card room from 9:30 - 11:30am. Topics to be covered are: getting started, customizing your iPad, networking and syncing, communication with your loved ones, organizing your life, surfing the web, taking and editing your photos and using apps to enhance your life. Cost for the class is \$25 for members, \$35 non-members. Sign up by calling 392-8400.

## **Manicures**

Dobyns-Bennett cosmetology students will be at the center on Tuesday, April 12, 2016 to do manicures. Sign up now.

## **Library Book Day**

No Library Book day until further notice.

\*\*We are missing some library books that were checked out or mistakenly picked up and thought the books were free during library book day. The Senior Center is being charged \$821.70 for these books. If you have any of the books please return them to the Kingsport Senior Center office as soon as possible. Thank you.

## **Karaoke**

Tuesday, April 19, 2016  
4:00pm-6:30pm in the cafeteria

## **Benefits of Meditation with Lee Stone**



- **Keeps you stress free**
- **Reduces Aging**
- **Adds more hours to your day**
- **Helps you appreciate life more**
- **Helps you feel more connected**
- **Makes you and those around you happier**
- **Improves functioning of your brain**
- **Helps you have a good nights sleep**
- **Improves metabolism and helps with weight**
- **Increases immunity and helps fight disease**
- **Increases your attention span**

This class is taught by Lee Stone on Tuesday and Thursday in room 306 at 9:30am. The cost is \$5.00 per class.

## **SMILE: Volunteers Wanted**

Attend SMILE meeting-  
Thursday, April 14, 2016 at 2:00pm  
in room 239.

Come and find out about all of our wonderful volunteer opportunities. Contact Michelle at 392-8404 for more information.



# Spring Classes 2016

**Spring classes begin week of April 4 through week of June 20, 2016 unless otherwise noted.**

## **Aerobics**

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi impact aerobics

## **Basic Tai-Chi**

- Monday
- Time: 8:30am
- Location: Room 310

This will be led by Pastor Richard. He has practiced tai-chi since 1958 and will teach participants the basics/beginnings of tai-chi. Walk-ins welcome

## **Ballroom Video Class**

- Tuesday
- Time: 4:30pm-6:00pm
- Room 302
- No instructor, practice on your own

## **Basket Weaving**

- Tuesday
- Time: 9:00am-12:30pm
- Room 303
- Instructor: Lynne Bowers

## **Core & Posture Belly Dance for Beginners (women only)-**

- Thursday
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

## **Belly Dancing- (Women Only) Wednesday**

- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your core and abdominals.

## **Camera Club**

Please visit website for meeting times. Instructor: Claude Kelly  
Website:  
[www.scphotogroup.com](http://www.scphotogroup.com)

## **Ceramics**

- Tuesday and Thursday
- Time: 9:00am-11:00am
- Location: Ceramic Room
- Instructor: Mary Lamson
- **Please remember your \$15 annual firing fee**

## **Clay (Beginning Hand-Building)**

- Monday- April 4 –June 20.
- Sign up starts March 14.
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00 firing fee.
- Limit 16 people
- Pay at signup, no refunds

## **Clay (Intermediate Hand Building)**

- Wednesday- April 6- June 22.
- Sign up starts March 14.
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00 firing fee
- Limit 16 people
- Pre-requisite must have taken beginning hand building

## **Clogging (Beginning)**

- Thursday
- Time: 10:00-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

## **Clogging (Intermediate)**

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

## **Dulcimer (Beginners)**

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Appalachian/Lap dulcimer book: Cost: \$9.99.  
Supply list available at signup

## **Intermediate Dulcimer**

- Thursday
- Time: 11:00am
- Location: Atrium
- Instructor: Mark Farmer

## **Exercise for Everybody**

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

# Spring Classes 2016

## Happy Day Singers

- Monday
- Time: 9:45am
- Inspirational singing at nursing homes

Any member wanting to participate needs to meet outside the Senior Center office each Monday at 9:00am. We travel by bus to the location where we are scheduled to sing.

## Jam Session

**Will be held every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month.**

## Karaoke

- 3<sup>rd</sup> Tuesday each month
- Time: 4:00pm
- Location: Cafeteria
- Bring a snack
- Facilitated by: Gary Coates

## Knitting Class

- Monday
- Time: 1:00-3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

## Lap Swimming

- Monday-Friday
- Time: 8:00am-11:00am
- Location: Aquatics Center
- No instructor, Lap swimming
- Locker room and warm water pool available for use.

## Mahjong

- Monday
  - Time: 2:00pm
  - Location: Card Room
  - Instructor: Jean Chang
- Beginners to advanced player's welcome.

## Mini Cardio

- Tuesday & Thursday
- Time: 8:45am-9:15am
- Room: 302
- Instructor: Roger Hixon

## Piano Lessons

- Thursday
- Time: 2:00pm-7:00pm
- Room: Multipurpose Room
- Instructor: Freda Karsnak
- Fee: \$15.00 paid to instructor
- Call to schedule appointment: 292-2711

## Quilting

- Monday
- Time: 9:00am-10:30am
- Location: Room 303
- Instructor: John Plutchak

## Renaissance Strings

- Tuesday
- Time: 10:00am-11:00am
- Location: Atrium
- Instructor: Mark Farmer

## Rook

- Tuesday
- 4:00pm
- Location: Card Room
- Bring snack to share

## SilverSneakers Classic

- Monday, Wednesday, Friday
- Time: 8:15am-9:00am
- Location: Gym
- Low Impact Aerobics
- Instructor: Terri Bowling

## Strength Training

- Monday, Wednesday, Friday
- Time: 10:15am-11:00am
- Location: Gym
- Instructor: Terri Farthing

## Strength Training

- Tuesday & Thursday
- Time: 9:30am-10:30am
- Location: Gym
- Instructor: Kevin Lytle

## Tai-Chi

- Friday
- Time: 8:30am
- Location: Room 310
- Instructor: Hang Lei

## Woodcarving

- Thursday
- Time: 9:00am-12:00pm
- Location: Room 303
- Beginners welcome

## Woodshop

- Monday, Tuesday, Wednesday
- Time: 8:30am-3:00pm
- Location: Woodshop
- Instructor: Volunteers
- Safety test required. Given 1<sup>st</sup> Monday of each month at 9:00am
- Saturday's 9-12

## Zumba

- Tuesday & Thursday
- Time: 8:15am
- Location: Gym
- Instructor: Terri Bowling

# Spring Classes 2016 Branch Site Schedule

## Core Conditioning

- Monday, Wednesday & Friday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

## Beginning I Crochet

- Friday
- 6 week class
- Time: 11:00am-12:00pm
- Instructor: Susan Egan
- Location: Lynn View
- Cost: \$20.00; paid to instructor
- Sign up by March 8.

## Beginning II Crochet

- Friday
- Time: 12:30 - 1:30pm
- Sign up by March 8.

## Intermediate Crochet

- Friday
- 6 week class
- Instructor: Susan Egan
- Time: 9:30 - 10:30am
- Cost: \$20.00, paid to instructor
- Limited to 6 participants
- Sign up by March 8.

## Art Class

- Tuesday
- 10:00am-12:00pm
- Location: Lynn View
- Instructor: Jo Anne McDonough

## Core Yoga

- Tuesday & Thursday
- 11:00 - 11:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## Corn Hole

- Monday-Friday
- 9:00am - 2:00pm
- Lynn View
- Ask in office at Lynn view for corn hole boards.

## Artist and Crafters Monthly Breakfast

- 2<sup>nd</sup> Tuesday of each month
- Time: 10:00am
- Location: Lynn View
- Please call for reservation 765-9047 (Mon-Fri 9:00am-2:00pm)

## Yoga

- Tuesday & Thursday
- Time: 11:30am-12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## SilverSneakers Classic

- Monday, Wednesday & Friday
- Time: 10:00am
- Location: Lynn View
- Instructor: Chris Hicks

## Total Body Workout

- Monday & Wednesday
- Time: 9:30am
- Location: VO Dobbins Gym #2
- Instructor: Terri Bowling

**Blood Pressure checks will be held at Lynn View from 11:00am-12noon every 3<sup>rd</sup> Thursday of the month provided by Villages of Allandale**

## Normal Aging vs. Alzheimer's Program

- Monday, April 25, 2016
- 12:30pm
- Location: Lynn View Cafeteria
- Your memory often changes as you grow older, but memory loss that disrupts daily life is not a typical part of aging. Tracy Kendall with Alzheimer's Tennessee will present the program. Please call 765-9047 to sign up.

## Eat Smart/ Live Strong

- Wednesday's April 20-May 18, 2016
- 11:30-1:30pm
- Lynn View Community Center
- These classes will give you samples of fresh fruits and vegetable with different ideas to make more healthy recipes along with tips on how to stay away from processed foods. Call 765-9047 to sign up.

## Pickleball

- Monday, Wednesday & Friday
- Time: 10:00am and 1:00pm
- Location: Lynn View Community Center Gym

## SilverSneakers Yoga

- Tuesday & Thursday
- Time: 10:00am
- Location: Bloomingdale Baptist Church
- Instructor: Chris Hicks

## Indoor Walking

- Monday - Friday
- Time: 9:00am - Noon
- Location: Colonial Heights Baptist Church
- There will be a roster in the gym office at the church. Please sign the roster for attendance.

## Indoor Walking

- Monday-Friday
- Time: 9:00am - 12noon
- Location: Bloomingdale Baptist Church. Sign notebook for attendance.

## Cooking for 1 or 2

- Thursday, April 7, 2016
- Time: 12:30pm
- Lynn View Cafeteria
- The recipe that will be demonstrated will be broccoli soup that has only 5 ingredients and can be made ahead of time. This class will give you tips on cooking techniques for 1 person or 2. Please call 765-9047 to sign up by April 4.

## Game Day: Learn to play Bunco!

- Thursday, May 12, 2016
- 10:30am
- Lynn view Community Center
- Facilitated by: Dottie Shockley and Delilah McCarty
- Call Lynn View to sign up

## Personal Training with Chris

- ❖ Instructor: Chris Hicks
- ❖ Available by the hour or as package

Contact Chris (423) 723-9967 for pricing

# Kingsport Adult Education Classes



## Adult Education

### Job Skills

#### Beginning Clay Classes

- ❖ Tuesday
- ❖ April 12-May 17, 2016
- ❖ 5:30 to 8:00pm
- ❖ Ceramic Room
- ❖ Cost: \$30.00 for members and \$40.00 for non-members, plus \$15.00 firing fee paid at sign up. Please sign up by April 8, 2016

#### Basket Weaving

- ❖ Tuesday's
- ❖ April 5-May 10, 2016
- ❖ Room 303
- ❖ 6:00 – 8:00pm
- ❖ \$40.00 for members and \$50.00 for non members, paid to instructor first day of class.
- ❖ Instructor: Lynne Bowers
- ❖ Supplies available first day of class for \$50.00 or you can bring your own.

#### Handbuilding Clay Classes

- ❖ Tuesday
- ❖ April 12-May 17, 2016
- ❖ Ceramic Room
- ❖ \$30.00 for members and \$40 for non members. Plus \$15 firing fee
- ❖ Please sign up by April 8.
- ❖ For beginner or intermediate levels.

#### Chair Canning

- ❖ Tuesday's
- ❖ April 5-May 10, 2016
- ❖ \$40.00 for members and \$50.00 for non members
- ❖ Room 303
- ❖ 6:00 - 8:00pm
- ❖ Must bring chair to 1<sup>st</sup> class; let us know what type of chair.
- ❖ Supplies will be available first day of class for \$25.00 or you can bring your own.

### Cultural/Arts/Crafts

#### "The Tour De France" Regional

##### Cooking Classes

- ❖ Thursday
- ❖ March 24-April 28, 2016
- ❖ 6:15 - 9:15pm
- ❖ Location: Village at Allandale
- ❖ Cost: \$249.00 per person paid at sign up
- ❖ Please sign up by March 17, 2016.

##### International Pastry Classes

- ❖ Tuesday's
- ❖ April 26-May 17, 2016
- ❖ Sugar House Bakery
- ❖ 6:00 – 8:00pm
- ❖ \$265.00 for members and \$275.00 for non members, paid at sign up. These classes have an International theme and participants will make a different international pastry each night. We need a minimum 5 for class to be held and we have a maximum of 10 due to limited space. The very last class will be a "Bake Off" between the students.
- ❖ Please sign up by April 21.

##### One Day Tatting Workshop

- ❖ Monday
- ❖ May 23, 2016
- ❖ First floor atrium
- ❖ 1:00P.M.-5:00P.M.
- ❖ Cost: \$30 for members; \$40 for non-members pay at sign up
- ❖ Please bring #5 tatting needle; #10 crochet thread.
- ❖ Please sign up by May 18<sup>th</sup>.

### Health/Exercise

#### Piloxing

- ❖ Tuesday's/Friday's
- ❖ 9:30am
- ❖ Room 302
- ❖ Instructor: Terri Bowling
- ❖ Cost: \$2.00 for non members; Free to Senior Center members
- ❖ Pay for 12 classes at Senior Center office. We will give you a punch card and instructor will punch your card each class.

#### Zumba

- ❖ Monday
- ❖ March 7 - April 11, 2016
- ❖ 5:30pm
- ❖ Cost: \$20.00 for members and \$25.00 non members paid at sign up
- ❖ Where: Lynn View Cafeteria

#### Beginning Sign Language Class

- ❖ Monday's
- ❖ April 4 – May 9, 2016
- ❖ Room 303
- ❖ 5:30 - 7:30pm
- ❖ \$50.00 for members and \$60.00 for non members, paid to instructor 1<sup>st</sup> day of class.
- ❖ Instructor: Jenny Page
- ❖ Learning sign language requires someone to sign with so bring a partner.
- ❖ You will need to purchase the book for \$13.56 at books a million. The book is called "Signing Made Easy"

#### Zumba Gold

- ❖ Thursday
- ❖ May 5 – June 9, 2016
- ❖ Room 302
- ❖ 5:30P.M. to 7:30P.M.
- ❖ Cost: \$30 for members; \$40 for non-members pay at sign up
- ❖ Exercise for beginners or participants who are overweight and who have joint issues.
- ❖ Please sign up by May 3rd.

**Kingsport Senior Center Presents**  
**Montreal & Quebec City & Canada's Capital City – Ottawa**

**8 days and 7 nights (Saturday – Saturday) September 17-24, 2016**

Double occupancy = \$749.00 per person

Single occupancy = \$1,009 per person

**Deposit of \$75.00 due by May 15, 2016 and final payment due by June 15, 2016**

**Trip Insurance pricing = \$69.00 per person. Make check payable to Travel Insured International.**

**Due at sign up.**

**Day 1:** Depart the Kingsport Senior Center @ 8:00 a.m. on the spacious, video and restroom equipped Motor coach and set off for the beautiful French-Canadian Province of Quebec. Will be checking into an en route hotel for a good night's rest.

**Day 2:** After enjoying a Continental Breakfast, you will continue towards your destination. Tonight you'll enjoy Dinner before checking into your Montreal area hotel for a five night stay

**Day 3:** After breakfast, you will head out with the local guide for a GUIDED TOUR OF MONTREAL. You will visit the magnificent NOTRE DAME BASILICA (noted for its beautiful interior, stained glass windows, paintings, statues, carvings and more). Next, you will go to the Montreal's "UNDERGROUND CITY" that includes a network of boutiques and restaurants. Then, your guided tour of Montreal continues before having Dinner.

**Day 4:** After Breakfast, you will head towards Quebec City with your local guide. After lunch on your own, you'll arrive at Place Royal in Quebec City for free time to stroll or shop in this distinctly European atmosphere! After browsing this city, you will have the option of taking a guided tour of Quebec City or continue your free time to do as you wish. In the late afternoon, you'll head to MONTMORENCY FALLS, which is 27 meters higher than Niagara Falls! This evening, enjoy dinner before returning to the hotel.

**Day 5:** After breakfast, you will head out with your local guide and enjoy a guided sightseeing cruise. You will see all kinds of attractions and history along the St. Lawrence River. After lunch on your own in Montreal, you will visit the World Famous Montreal Tower (the tower is the tallest inclined Tower in the world). From the tower you can admire the Greater Montreal area and St. Lawrence River Valley. This evening, you will enjoy Dinner at a local restaurant.

**Day 6:** After breakfast, you'll head with your local guide to Canada's Capital – Ottawa! Take a GUIDED TOUR OF OTTAWA INCLUDING PARLIAMENT HILL. Your tour ends at BYWARD MARKET, a charming shopping district established in the 1830's. Later, you will visit the famous CANADIAN MUSEUM OF HISTORY and explore the history of Canada from beginning to present. Tonight you'll enjoy Dinner at a local restaurant.

**Day 7:** You will enjoy a Continental Breakfast before leaving for the 1000 Island Tower in Lansdowne, ON. This evening, relax at your en route hotel.

**Day 8:** Today, after enjoying a Continental Breakfast, you depart for home.

## Stress Relief Coloring



# Mother's Day Brunch



Celebrate Mother's Day with us on **Wednesday, May 4, 2016** at 11:30A.M. in room 310. Entertainment is to be announced. BrightStar Care

and Smoky Mountain Home Health & Hospice will sponsor brunch. We can only take 75 people so please be sure to sign up for this free event on April 5<sup>th</sup>.

The Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN 37660

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